



# Join the “Active Livin’ in Lakeland” Team!

Lakeland residents are encouraged to go for a walk, run or bike ride and support their city in the Walk Tennessee Initiative by joining the “Active Livin’ in Lakeland” Team, the official *City of Lakeland* Team.

The City of Lakeland is one of several Tennessee cities competing in the Tennessee Municipal Leagues new wellness initiative “Walk Tennessee.”

The winning city will be announced in spring 2014 and will receive an outdoor fitness station and be able to lay claim to the title, “The Most Active City in Tennessee.”

## **Instructions for joining the “Active Livin’ in Lakeland” Team:**

1. Go to <http://www.cmecompete.com/communities/walk-tennessee/> to sign up for a personal account and select “Account Signup.”
2. After you have signed up, select “browse communities,” scroll down the page and join the “Walk Tennessee” group.
3. You may then go to the Walk Tennessee group and select “Start or Join a Team.”
4. Scroll down page and select “Join Group” next to City of Lakeland.

Join other Lakeland residents, your friends and neighbors, to show competing cities that Lakeland is active, fun, and fit city! For more information, contact Lakeland City Hall at 901-867-2717 or [cityoflakeland@lakelandtn.org](mailto:cityoflakeland@lakelandtn.org).

**About Walk Tennessee:** Walk Tennessee is designed to be a fun, social challenge to determine the most active city in Tennessee while highlighting events in various communities. Through an Internet-accessible program, community members can interact with one another online; form their own running, walking and fitness events; set goals; track successes; and earn points that roll up to City Points as well as individual points that may be used to accrue and win prizes.